



Australian Government

Department of Education, Employment and Workplace Relations

HLTNUT610B Provide basic dietary advice

Release: 1

HLTNUT610B Provide basic dietary advice

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide basic advice on dietary modification according to established nutritional medicine principles and practice

Application of the Unit

Application

This unit applies to work in a nutritional medicine context

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. Identify appropriate dietary modifications

- 1.1 Identify *nutrient deficiencies*
- 1.2 Determine the influence of *exogenous factors* on nutritional status
- 1.3 Design *dietary modifications* appropriate for the client
- 1.4 Address appropriate *cultural factors*
- 1.5 Address appropriate lifestyle factors
- 1.6 Justify proposed dietary modifications

ELEMENT	PERFORMANCE CRITERIA
2. Negotiate dietary change with client	2.1 Communicate proposed dietary changes to client 2.2 Explain reasons for dietary modification 2.3 Obtain feedback from client regarding proposed dietary changes 2.4 Implement dietary changes in a manner acceptable to the client

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Basic knowledge of biomedical sciences ie anatomy and physiology, pathology, biochemistry, pharmacology
- Contra-indications for recommendations
- Cultural diets and restrictions
- Nutrition principles
- The nutritional components of food in common diets
- Treatment of the individual as the overriding principle of nutritional medicine philosophy - any treatment plan is expected to reflect this ideal in its design and implementation

Essential skills:

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

REQUIRED SKILLS AND KNOWLEDGE

- Assess basic nutritional needs and determine the most appropriate modifications to the client's diet
- Assess the nutritional value of food components in common diets
- Demonstrate critical reasoning skills
- Demonstrate problem solving skills
- Determine the basic dietary requirements for basic health.
- Determine the potential impact of recommendations on the individual
- Discuss basic dietary changes with the client
- Ensure all treatment care delivered is appropriate to relevant legislature and regulatory requirements
- Establish the stage of development of a condition or disease state
- Identify the signs and symptoms of the associated with nutritional inadequacies
- Modify diet with consideration to cultural, lifestyle factors and the capacity of the client to implement the recommendations
- Perform a basic dietary intake analysis

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency unit:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic) is essential for assessment of this unit
- Consistency of performance should be demonstrated over a range of workplace situations
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Evidence is required of both knowledge and skills application
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place

EVIDENCE GUIDE

away from the workplace, the assessment environment should represent workplace conditions as closely as possible

- Assessment must be undertaken by an assessor who has skills and knowledge to the standard required for recognition by an appropriate peak body
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment

Context of and specific resources for assessment:

- An appropriately stocked and equipped clinic or simulated clinic environment
- Relevant texts or medical manuals
- Relevant paper-based/video assessment instruments
- Appropriate assessment environment
- Skilled assessors

EVIDENCE GUIDE

Method of assessment

- Observation in the work place
- Written assignments/projects or questioning should be used to assess knowledge
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice.
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting. If successful, a second assessment is to be conducted during workplace application under direct supervision.
- Explanations of technique

Access and equity considerations:

- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
- All workers should develop their ability to work in a culturally diverse environment
- In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
- Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

Nutrient deficiencies must include:

- Macro nutrients (protein, carbohydrate, lipid)
- Vitamins
- Minerals

Exogenous factors may include:

- Food additives
 - intentional
 - non-intentional
- Pollution
- Socio-economic factors.
- Local food availability
- Climate

Dietary modifications may include:

- Reduction of some foods or food groupings
- Inclusion of some foods or food groupings
- Increased consumption of some foods or food groupings
- Decreased consumption of some foods or food groupings

Cultural factors must include:

- Religious restrictions
- Dietary choices eg vegetarians, vegan

Unit Sector(s)

Not Applicable